

## The plan

# MY FIRST IRONMAN

PREPARE YOURSELF FOR THIS INFAMOUS ENDURANCE RACE WITH OUR EXPERT PLANS

## Meet the expert

**Phil Mosley**

Coaching editor of *Triathlon Plus* Mosley has coached dozens of triathletes to Ironman success



**TRAINING FOR your first ever Ironman-distance race can be a daunting prospect. It's a race that involves a 3.8km open water swim, 180km bike ride and a 42km run, so it's vital that you prepare properly. It's also important not to launch yourself into doing five-hour bike rides or 20-mile runs straight away. Unless you're experienced, hitting the big miles straight away will leave you exhausted and injured. So the key is to train long but build up to it gradually while incorporating the relevant skills and elements of fitness. With these 12-week plans the thinking has already been done for you, so all you need to do is get out and start training.**

Before you start using them, it's important to understand a few important points. Firstly, there are two plans to choose from: one will take between six and 11 hours per week, while the other will take anything up to 15 hours per week. Pick the plan that you feel is most realistic for you.

The plans are designed to be started 12 weeks before your Ironman event. Alternatively, you could begin 13 or 14 weeks beforehand to build in some leeway. The plans may seem rather prescriptive at first, but you're always free to move the sessions around to suit your work/life schedule. Just try to avoid arranging it so you have too many tough back-to-back sessions.

Importantly, don't be afraid to listen to your body as well and take a rest day when you need it, regardless of what the plan says. There's no benefit to training if you're already overtired before you start.

You should also try to stick to the training zones we've prescribed. Stay with them because you'll be grateful when the training volume starts ramping up over the weeks and months. Make sure you are familiar with them, and check the key beneath them – this explains any abbreviations we've used and helps you make sense of the plan so you can focus your efforts on the training.

## Are these plans for you?

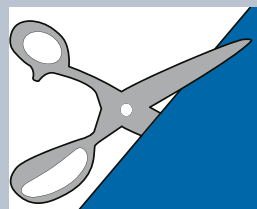
To start these Ironman training plans you should already be able to:

- Ride your bike for at least two hours 30 minutes
- Run for at least 60 minutes
- Swim 400m non-stop

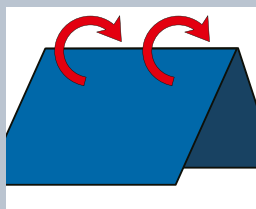


## How it works

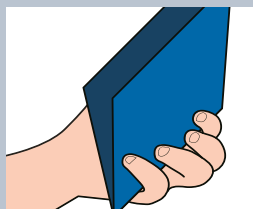
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training





**Triathlon**  
**YOUR**  
**12-WEEK**  
**PLAN**

**6 to 11 hours training per week**

## IRONMAN

**FOLLOW THIS PLAN TO GET IRONMAN-RACE-READY IN LESS THAN 11 HOURS PER WEEK**

**FOLD 1**

### WEEK 01

### WEEK 02

Mon	<b>Swim 2,000m</b> Technique session <b>WU</b> 300m FC, 200m KICK, 100m PULL + 20secs <b>RI</b> <b>MAIN</b> 4x50m 1-ARM, 200m N/S, 4x50m <b>FDRAG</b> , 200m N/S, 4x50m <b>FISTS</b> , 200m N/S <b>WD</b> 200m easy FC or BACK	<b>Swim 2,000m</b> Technique session <b>WU</b> 200m FC, 200m PULL, 100m KICK + 20secs <b>RI</b> <b>MAIN</b> 8x50m as (25m <b>FDRAG</b> , 25m FC) + 60secs <b>RI</b> , 1x400m in Z3 (+15secs <b>RI</b> ), 2x200m in Z3 (+15secs <b>RI</b> ), 2x100m in Z3 <b>WD</b> 100m easy FC or BACK
Tue	<b>Run 40mins</b> Muscular endurance session <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x10mins in Z3 (+3mins <b>RI</b> ) <b>WD</b> 7mins in Z2	<b>Run 40mins</b> Muscular endurance session <b>WU</b> 10mins in Z2 <b>MAIN</b> 20mins in Z3 <b>WD</b> 10mins in Z2
Wed	<b>Rest day</b>	
Thur	<b>Run 1 hour</b> Endurance run in Zone 2	<b>Run 1 hour 15mins</b> Endurance run in Zone 2
Fri	<b>Swim 2,000m</b> Endurance session <b>WU</b> 300m FC, 200m KICK, 100m PULL + 20secs <b>RI</b> <b>MAIN</b> 100m FC in Z2 + 10secs <b>RI</b> , 200m PULL in Z2 + 20secs <b>RI</b> , 300m FC in Z2 + 30secs <b>RI</b> , 400m PULL in Z2 <b>WD</b> 400m easy FC or BACK	<b>Swim 2,100m</b> Endurance session <b>WU</b> 200m FC, 200m KICK, 200m drill of choice <b>MAIN</b> 6x75m FC in Z3 + 10secs <b>RI</b> , 400m PULL in Z2 + 30secs <b>RI</b> , 6x50m FC in Z3 + 10secs <b>RI</b> , 200m PULL in Z2 <b>WD</b> 150m FC in Z1
Sat	<b>Bike 90mins</b> Muscular endurance <b>WU</b> 30mins in Z2 <b>MAIN</b> 30mins in Z3 <b>WD</b> 30mins in Z2. Stay seated on climbs	<b>Bike 90mins</b> Muscular endurance <b>WU</b> 30mins in Z2 <b>MAIN</b> 30mins in Z3 <b>WD</b> 30mins in Z2. Stay seated on climbs
Sun	<b>Bike 2 hours 30</b> Endurance ride in Z2	<b>Bike 3 hours</b> Endurance ride in Z2

## TRAINING ZONES

**USING THESE** training tones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness as well as making sure you don't overdo it.

You can either estimate your intensity using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

#### ZONE 1: Recovery

60 to 65% of max. Easy pace, feels nice and light.

#### ZONE 2: Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

#### ZONE 3: Tempo

75% to 80% of max. Fairly hard but sustainable pace.

#### ZONE 4: Race Tempo

80 to 90% of max. Hard pace. Sustainable, but requires real focus.

**KEY:** **WU** Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **PULL** Front crawl with a pull float between thighs, **RI** Rest interval, **BACK** Backstroke, **BREAST** Breaststroke, **1-ARM** Front crawl using one arm only **N/S** Negative split – swim the 2nd half faster than the first, **FDRAG** Drag your fingers along the surface during the FC arm-recovery, **FISTS** Swim FC with clenched fists, **DOG** doggy paddle, **SCULL** Kick with arms in front, sculling your hands sideways **BAND** Front crawl with a rubber band or inner-tube tied around ankles, **ANKLES** FC with pull float between ankles

### STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

### WEEK 03 RECOVERY WEEK

### WEEK 04

Mon	<b>Swim 2,400m</b> Technique session <b>WU</b> 2x(150m FC, 100m KICK, 50m PULL) <b>MAIN</b> 4x(25m <b>DOG</b> , 25m FC, 25m <b>FISTS</b> , 25m FC, 25m <b>SCULL</b> , 25m FC) +20secs <b>RI</b> 2x400m N/S +30secs <b>RI</b> <b>WD</b> 400m easy FC or BACK	<b>Swim 2,900m</b> Technique session <b>WU</b> 300m FC, 200m KICK, 200m FC <b>MAIN</b> 3x(300m PULL in Z3 +30secs <b>RI</b> , 100m FC in Z2 +20secs <b>RI</b> , 100m FC in Z3 +20secs <b>RI</b> , 100m FC in Z4 +20secs <b>RI</b> ) <b>WD</b> 400m easy FC or BACK
Tue	<b>Run 30mins</b> Muscular endurance <b>WU</b> 10mins in Z2 <b>MAIN</b> 10mins in Z3 <b>WD</b> 10mins in Z2	<b>Run 50mins</b> Muscular endurance session <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x15mins in Z3 (+3mins <b>RI</b> ) <b>WD</b> 7mins in Z2
Wed	<b>Bike 35mins</b> (turbo trainer or outdoor) Muscular endurance <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x9mins in Z3 (+2mins <b>RI</b> ) <b>WD</b> 4mins in Z2	<b>Swim 2,500m</b> Strength session <b>WU</b> 2x250m FC, 100m KICK, 200m PULL <b>MAIN</b> 8x(25m SCULL, 25m FC) +10secs <b>RI</b> , 100m PULL in Z4 +10secs <b>RI</b> , 200m FC in Z3 +10secs <b>RI</b> , 300m PULL in Z2 +30secs <b>RI</b> , 200m FC in Z3 +20secs <b>RI</b> , 100m FC in Z4 <b>WD</b> 400m FC in Z1
Thur	<b>Swim 2,000m</b> Strength session <b>WU</b> 300m FC, 100m KICK, 4x50m <b>BUILD</b> (+15secs <b>RI</b> ) <b>MAIN</b> 200m <b>BAND</b> +20secs <b>RI</b> , 300m <b>ANKLES</b> +30secs <b>RI</b> , 400m PULL +40secs <b>RI</b> , 200m FC <b>WD</b> 200m FC, 100m KICK	<b>Run 1 hour 30mins</b> Endurance run in Zone 2
Fri	Rest day	
Sat	<b>Run 50mins</b> Endurance run in Z2	<b>Bike 90mins</b> Muscular endurance <b>WU</b> 30mins in Z2 <b>MAIN</b> 40mins in Z3 <b>WD</b> 20mins in Z2. Stay seated on climbs
Sun	<b>Bike 2 hours</b> Endurance ride in Z2	<b>Bike 3 hours 30mins</b> Endurance ride in Z2

## WEEK 05

## WEEK 06 RECOVERY WEEK

## WEEK 07

## WEEK 08

**Mon**

**Swim 2,500m**  
Technique session **WU** 3x300m as (100m FC, 100m KICK, 100m PULL) **MAIN** 8x50m as (25m FISTS, 25m FC), 3x(150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI. **WD** 300m easy FC or BACK

**Tue**

**Run 50mins**  
Muscular endurance session **WU** 10mins in Z2 **MAIN** 30mins in Z3 **WD** 10mins in Z2

**Wed**

**Rest day**

**Thur**

**Run 1 hour 45mins**  
Endurance run in Zone 2

**Fri**

**Swim 2,500m**  
Endurance session **WU** 800m as 2x(100m FISTS, 200m FC, 100m FDRAG) **MAIN** 800m FC in Z2, 100m BACK/BREAST, 400m PULL in Z2 **WD** 400m FC/PULL

**Sat**

**Bike 90mins** Muscular endurance **WU** 30mins in Z2 **MAIN** 2x20mins in Z3 (+5mins RI) **WD** 15mins in Z2. Stay seated on climbs

**Sun**

**Bike 4 hours**  
Endurance ride in Z2

**FOLD2**

**Mon**

**Swim 3,000m** Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 100m FC, 100m KICK, 100m FDRAG, 100m PULL, 6x50m KICK **MAIN** 6x100m FC in Z3 +20secs RI, 300m PULL in Z1, 4x100m FC in Z3 +20secs RI, 300m PULL in Z1, 2x100m FC in Z3 +20secs RI **WD** 500m easy FC or BACK

**Tue**

**Run 1 hour**  
Muscular endurance **WU** 10mins in Z2 **MAIN** 2x20mins in Z3 (+3mins RI) **WD** 7mins in Z2

**Wed**

**Rest day**

**Thur**

**Bike 1 hour**  
Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2. Stay seated on climbs

**Fri**

**Swim 3,000m**  
Open-water or endurance pool session **WU** 300m FC, 100m KICK, 300m PULL, 100m KICK **MAIN** 10x50m FC in Z2 +5secs RI, 5x100m FC in Z3 +10secs RI, 2x200m FC in Z2 +20secs RI, 400m FC in Z3 **WD** 200m KICK, 200m PULL all in Z1

**Sat**

**AM Run 2 hours** Endurance run in Z2. Test all race kit, nutrition and equipment  
**PM Swim (optional) 25mins** Open-water swim in Z2

**Sun**

**Brick 4 hours 30mins**  
**Bike** 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

**Bike 1 hour**  
Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2. Stay seated on climbs

**Swim 2,000m**  
Open-water (preferably) or non-stop pool swim in Z2

**AM Run 2 hours** Endurance run in Z2. Test all race kit, nutrition and equipment  
**PM Swim (optional) 25mins** Open-water swim in Z2

**Brick 4 hours 30mins.**  
**Bike** 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

**FOLD1**

## WEEK 09 RACE TRIAL WEEK

## WEEK 10 TAPER WEEK 1

## WEEK 11 TAPER WEEK 2

## WEEK 12 RACE WEEK

**Mon**

**Swim 2,000m** Muscular endurance pool/open-water swim in Z3 **WU** 200m FC, 200m FDRAG, 200m FC, 200m KICK **MAIN** 4x100m FC in Z3 +30secs RI, 4x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +30secs RI **WD** 200m easy FC

**Tue**

**Rest day**

**Wed**

**BRICK 60mins** Bike 45mins (turbo trainer or outdoor) as **WU** 10mins in Z2 **MAIN** 2x9mins in Z3 (+2mins RI) **WD** 4mins in Z2 into Run 15mins in Z2

**Thur**

**Swim 3,000m** Open-water (preferably) or non-stop pool swim in Z2

**Fri**

**Rest day**

**Sat**

**Bike century ride**  
100 miles in Z2. Test all race kit, nutrition and equipment

**Sun**

**Run 20 miles**  
Run in Z2. Test all race kit, nutrition and equipment

**Rest day**

**Bike 45mins** Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

**Swim 2,500m** Muscular endurance pool session **WU** 400m FC, 8x25m drill of choice **MAIN** 6x50m FC in Z3 +15secs RI, 2x150m PULL in Z2, 6x75m FC in Z3 +15secs RI, 300m PULL in Z2, 6x50m FC in Z3 +15secs RI **WD** 250m PULL in Z1

**Run 40mins** Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

**AM Run 90mins** Endurance run in Z2. Test all race kit, nutrition and equipment  
**PM Swim (optional) 40mins** Open-water or pool swim in Z2

**Brick 3 hours 15mins**  
**Bike** 3 hours endurance ride in Z2, into Run 15mins in Z2. Test all race kit, nutrition and equipment

**Mon**

**Swim 2,000m** Muscular endurance swim in Z3 **WU** 400m FC, 200m KICK, 200m PULL, 100m FC **MAIN** 4x100m FC in Z3 +20secs RI, 4x50m PULL in Z2 +10secs RI, 3x100m FC in Z3 +20secs RI **WD** 200 PULL in Z1

**Tue**

**Run 40mins**  
Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

**Wed**

**Rest day**

**Thur**

**Bike 45mins**  
Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

**Fri**

**Swim 1500m**  
Open water (preferably) or non-stop pool session

**Sat**

**AM Run 1 hour** in Z2  
**PM Swim (optional) 25mins** Open-water swim in Z2

**Sun**

**Brick 2 hours 15mins**  
**Bike** 2 hours in Z2 into Run 15mins in Z2

**Swim 1500m**  
Easy swim

**Run 30mins** in Z2

**Bike 1 hour** in Z2

**Swim 1500m**  
Open-water (preferably) or endurance pool session

**Bike 45mins** in Z2  
Check your race-day bike

**Rest day**

**RACE DAY**



7 to 15 hours training per week

## IRONMAN

TRAIN FOR AN IRONMAN WITH THIS TRAINING PLAN, WHICH TAKES UP TO 15 HOURS PER WEEK

FOLD1

### WEEK 01

### WEEK 02

Mon	<b>AM Swim 2,000m</b> Technique <b>WU</b> 300m FC, 200m KICK, 100m PULL +20secs <b>RI</b> <b>MAIN</b> 4x50m 1-ARM, 200m N/S, 4x50m FDRAG, 200m N/S, 4x50m FISTS, 200m N/S <b>WD</b> 200m easy FC or BACK <b>PM Weights 30mins</b> <b>WU</b> 5mins rowing machine or indoor cycle <b>MAIN</b> 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull downs	<b>AM Swim 2,000m</b> Technique session <b>WU</b> 200m FC, 200m PULL, 100m KICK +20secs <b>RI</b> <b>MAIN</b> 8x50mas (25m FDRAG, 25m FC) +60secs <b>RI</b> 1x400m in Z3 (+15secs <b>RI</b> ), 2x200m in Z3 (+15secs <b>RI</b> ), 2x100m in Z3 <b>WD</b> 100m easy FC or BACK <b>PM Weights 30mins</b> <b>WU</b> 5mins rowing machine or indoor cycle <b>MAIN</b> 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs
Tue	<b>Run 40mins</b> Muscular endurance session <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x10mins in Z3 (+3mins <b>RI</b> ) <b>WD</b> 7mins in Z2	<b>Run 40mins</b> Muscular endurance session <b>WU</b> 10mins in Z2 <b>MAIN</b> 10mins in Z3 <b>WD</b> 10mins in Z2
Wed	<b>AM Swim 2,300m</b> Strength session <b>WU</b> 200m FC, 100m KICK, 200m PULL, 100m FC <b>MAIN</b> 400m (alternating 50m FC, 25m KICK), 3x (200m PULL, 100m KICK in Z3) +30secs <b>RI</b> <b>WD</b> 400m BACK/BREAST <b>PM Bike 50mins</b> (turbo trainer or outdoor) Muscular endurance <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x15mins in Z3 (+3mins <b>RI</b> ) <b>WD</b> 7mins in Z2	<b>AM Swim 2000m</b> Strength session <b>WU</b> 300m FC, 100m KICK, 4x50m BUILD +15secs <b>RI</b> <b>MAIN</b> 4x50m FC in Z4 +15secs <b>RI</b> , 200m PULL in Z2 +20secs <b>RI</b> , 2x50m FC in Z4 +15secs <b>RI</b> , 200m PULL in Z2, 4x50m FC in Z4 +15secs <b>RI</b> <b>WD</b> 200m FC, 100m KICK, 200m PULL <b>PM Bike 45mins</b> (turbo trainer or outdoor) Muscular endurance <b>WU</b> 10mins in Z2 <b>MAIN</b> 3x9mins in Z3 (+2mins <b>RI</b> ) <b>WD</b> 4mins in Z2
Thu	<b>Run 1 hour 15mins</b> Endurance run in Zone 2	<b>Run 1 hour 15mins</b> Endurance run in Zone 2
Fri	<b>AM Swim 2,000m</b> Endurance session <b>WU</b> 300m FC, 200m KICK, 100m PULL +20secs <b>RI</b> <b>MAIN</b> 100m FC in Z2 +10secs <b>RI</b> , 200m PULL in Z2 +20secs <b>RI</b> , 300m FC in Z2 +30secs <b>RI</b> , 400m PULL in Z2 <b>WD</b> 400m easy FC or BACK <b>PM Run 40mins</b> in Z2. Choose a route with as many hills as possible	<b>AM Swim 2000m</b> Endurance session <b>WU</b> 200m FC, 200m KICK, 200m drill of choice <b>MAIN</b> 6x75m FC in Z3 +10secs <b>RI</b> , 400m PULL in Z2 +30secs <b>RI</b> , 6x50m FC in Z3 +10secs <b>RI</b> , 200m PULL in Z2 <b>WD</b> 150m FC in Z1 <b>PM Run 40mins</b> in Z2. Choose a route with as many hills as possible
Sat	<b>Bike 90mins</b> Muscular endurance <b>WU</b> 30mins in Z2 <b>MAIN</b> 30mins in Z3 <b>WD</b> 30mins in Z2. Stay seated on climbs	<b>Bike 90mins</b> Muscular endurance <b>WU</b> 30mins in Z2 <b>MAIN</b> 30mins in Z3 <b>WD</b> 30mins in Z2. Stay seated on climbs
Sun	<b>Bike 3 hours</b> Endurance ride in Z2	<b>Bike 3 hours</b> Endurance ride in Z2

## TRAINING ZONES

**USING THESE** Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it.

You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

### ZONE 1: Recovery

60 to 65% of max. Easy pace, feels nice and light.

### ZONE 2: Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

### ZONE 3: Tempo

75% to 80% of max. Fairly hard but sustainable pace.

### ZONE 4: Race tempo

80 to 90% of max. Hard pace. Sustainable, but requires real focus.

**KEY:** **WU** Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **PULL** Front crawl with a pull float between thighs, **RI** Rest interval, **BACK** Backstroke, **BREAST** Breaststroke, **1-ARM** Front crawl using one arm only **N/S** Negative split—swim the 2nd half faster than the first, **FDRAG** Drag your fingers along the surface during the FC arm-recovery, **FISTS** Swim FC with clenched fists, **DOG** doggy paddle, **SCULL** Kick with arms in front, sculling your hands sideways **BAND** Front crawl with a band tied around ankles, **ANKLES** FC with pull float between ankles

## STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

### WEEK 03 RECOVERY WEEK

### WEEK 04

Mon	<b>AM Swim 2,400m</b> Technique session <b>WU</b> 2x150m FC, 100m KICK, 50m PULL <b>MAIN</b> 4x (25m DOG, 25m FC, 25m FISTS, 25m FC, 25m SCULL, 25m FC) +20secs <b>RI</b> 2x400m N/S +30secs <b>RI</b> <b>WD</b> 400m easy FC or BACK <b>PM Weights 30mins</b> <b>WU</b> 5mins rowing machine or indoor cycle <b>MAIN</b> 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press ups, lat pull downs	<b>AM Swim 2,500m</b> Technique <b>WU</b> 300m FC, 200m KICK, 200m FC <b>MAIN</b> 3x (300m PULL in Z3 +30secs <b>RI</b> , 100m FC in Z2 +20secs <b>RI</b> , 100m FC in Z3 +20secs <b>RI</b> , 100m FC in Z4 +20secs <b>RI</b> ) <b>WD</b> 400m easy FC or BACK <b>PM Weights 30mins</b> <b>WU</b> 5mins rowing machine or indoor cycle <b>MAIN</b> 2x25 chin-ups, press-ups, tricep dips, 2x8-16reps of lat pull-downs, squats, hamstring curls with heavy weights. Increase resistance next week if you get to 16reps
Tue	<b>Run 30mins</b> Muscular endurance <b>WU</b> 10mins in Z2 <b>MAIN</b> 10mins in Z3 <b>WD</b> 10mins in Z2	<b>Run 50mins</b> Muscular endurance session <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x15mins in Z3 (+3mins <b>RI</b> ) <b>WD</b> 7mins in Z2
Wed	<b>Bike 45mins</b> (turbo trainer or outdoor) Muscular endurance <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x9mins in Z3 (+2mins <b>RI</b> ) <b>WD</b> 4mins in Z2	<b>AM Swim 2,500m</b> Strength session <b>WU</b> 2x250m FC, 100m KICK, 200m PULL <b>MAIN</b> 8x (25m SCULL, 25m FC) +10secs <b>RI</b> , 100m PULL in Z4 +10secs <b>RI</b> , 200m FC in Z3 +10secs <b>RI</b> , 300m PULL in Z2 +30secs <b>RI</b> , 200m FC in Z3 +20secs <b>RI</b> , 100m FC in Z4 <b>WD</b> 400m FC in Z1 <b>PM Bike 1 hour</b> (turbo trainer or outdoor) Muscular endurance <b>WU</b> 10mins in Z2 <b>MAIN</b> 2x20mins in Z3 (+3mins <b>RI</b> ) <b>WD</b> 7mins in Z2
Thu	<b>Swim 2,000m</b> Strength session <b>WU</b> 300m FC, 100m KICK, 4x50m BUILD (+15secs <b>RI</b> ) <b>MAIN</b> 200m BAND +20secs <b>RI</b> , 300m ANKLES +30secs <b>RI</b> , 400m PULL +40secs <b>RI</b> , 200m FC <b>WD</b> 200m FC, 100m KICK	<b>Run 1 hour 30mins</b> Endurance run in Zone 2
Fri	<b>Rest day</b>	
Sat	<b>Run 1 hour 15mins</b> Endurance run in Z2	<b>Bike 90mins</b> Muscular endurance <b>WU</b> 30mins in Z2 <b>MAIN</b> 40mins in Z3 <b>WD</b> 20mins in Z2. Stay seated on climbs
Sun	<b>Bike 2 hours</b> Endurance ride in Z2	<b>Bike 3 hours 30mins</b> Endurance ride in Z2

## WEEK 05

## WEEK 06 RECOVERY WEEK

## WEEK 07

## WEEK 08

Mon

**AM Swim 2,500m** Technique session  
WU 3x300m as (100m FC, 100m KICK, 100m PULL)  
**MAIN** 8x50m as (25m FISTS, 25m FC), 3x (150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI **WD** 300m easy FC or BACK  
**PM Weights 30mins** WU 5mins rowing machine or indoor cycle **MAIN** 2x25 chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights\*\*

Tue

**Run 50mins** Muscular endurance session **WU** 10mins in Z2 **MAIN** 30mins in Z3 **WD** 10mins in Z2

Wed

**AM Swim 2,500m** Strength session **WU** 300m FC, 100m KICK, 300m PULL, 100m KICK **MAIN** 400m ANKLES in Z2 +45secs RI, 100m BAND +15secs RI, 400m PULL +45secs RI, 100m FISTS, 400m FC in Z2, 100m 1-ARM, **WD** 200m easy FC/BACK **PM Bike 1hour** (turbo trainer or outdoor) Muscular endurance **WU** 10mins in Z2 **MAIN** 10mins, 9mins, 8mins, 7mins in Z3 (+2mins RI) **WD** 10mins in Z2

Thu

**Run 1hour 45mins**  
Endurance run in Zone 2

Fri

**AM Swim 2,500m** Endurance session  
**WU** 800m as 2x (100m FISTS, 200m FC, 100m FDRAG) **MAIN** 800m FC in Z2, 100m BACK/BREAST, 400m PULL in Z2 **WD** 400m FC/PULL **PM Run 40mins** in Z2. Choose a route with as many hills as possible

Sat

**Bike 90mins** Muscular endurance **WU** 30mins in Z2 **MAIN** 2x20mins in Z3 (+5mins RI) **WD** 15mins in Z2. Stay seated on climbs

Sun

**Bike 4hours** endurance ride in Z2

FOLD2

Mon

**AM Swim 3,000m** Muscular endurance pool session OR ideally open-water swim in Z3 **WU** 100m FC, 100m KICK, 100m FDRAG, 100m PULL, 6x50m KICK **MAIN** 6x100m FC in Z3 +20secs RI, 300m PULL in Z1, 4x100m FC in Z3 +20secs RI, 300m PULL in Z1, 2x100m FC in Z3 +20secs RI **WD** 500m easy **PM Weights 30mins** WU 5mins indoor rower/cycle **MAIN** 2x25 chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights\*

Tue

**Run 1hour**  
Muscular endurance **WU** 10mins in Z2 **MAIN** 2x20mins in Z3 (+3mins RI) **WD** 7mins in Z2

Wed

**AM Swim 3,000m** Open-water or strength pool session OR ideally open-water swim in Z3 **WU** 200m FC, 100m KICK, 200m PULL, 100m KICK **MAIN** 400m as (50m FC/25m KICK), 8x50m PULL in Z3 +15secs RI, 4x100m KICK as 50m easy, 50m hard +20secs RI, 400m PULL in Z3, 4x100m ANKLES Z2 +30secs RI **WD** 400m FC/BACK/BREAST **PM Bike 45mins** Anaerobic endurance **WU** 10mins Z2 **MAIN** 6x3mins Z4 (+2mins RI) **WD** 7mins Z2

Thu

**Bike 1hour** Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2. Stay seated on climbs

Fri

**AM Swim 3,000m** Open-water (preferably) or endurance pool session **WU** 300m FC, 100m KICK, 300m PULL, 100m KICK **MAIN** 10x50m FC in Z2 +5secs RI, 5x100m FC in Z3 +10secs RI, 2x200m FC in Z2 +20secs RI, 400m FC in Z3 **WD** 200m KICK, 200m PULL all in Z1 **PM Run 40mins** in Z2, as hilly as possible

Sat

**AM Run 2hours** endurance run in Z2. Test all race kit, nutrition and equipment  
**PM Swim (optional) 25mins** Open-water swim in Z2

Sun

**Brick 4hours 30mins.**  
Bike 4hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

\* Increase the resistance the following week if you get to 16 reps

FOLD1

\*\* Increase the resistance in Week 7 if you get to 16 reps

## WEEK 09 RACE TRIAL WEEK

## WEEK 10 TAPER WEEK 1

## WEEK 11 TAPER WEEK 2

## WEEK 12 RACE WEEK

Mon

**AM Swim 2,000m** Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 200m FC, 200m FDRAG, 200m FC, 200m KICK **MAIN** 4x100m FC in Z3 +30secs RI, 4x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +30secs RI **WD** 200m easy FC or BACK  
**PM Weights 30mins** WU 5mins rowing machine or indoor cycle **MAIN** 2x20 reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs

Tue

Rest day

Wed

**BRICK 60mins.**  
Bike 45mins (turbo trainer or outdoor) as **WU** 10mins in Z2 **MAIN** 2x30mins in Z3 (+2mins RI) **WD** 4mins in Z2 into run 15mins in Z2

Thu

**Swim 3,000m**  
Open-water (preferably) or non-stop pool swim in Z2

Fri

Rest day

Sat

**Bike century ride**  
100miles in Z2. Test all race kit, nutrition and equipment

Sun

**Run 20 miles**  
In Z2. Test all race kit, nutrition and equipment

Rest day

**Bike 45mins**  
Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

**Swim 2,500m** Muscular endurance pool session **WU** 400m FC, 8x25m drill **MAIN** 6x50m FC in Z3 +15secs RI, 2x150m PULL in Z2, 6x75m FC in Z3 +15secs RI, 300m PULL in Z2, 6x50m FC in Z3 +15secs RI **WD** 250m PULL in Z1

**Run 40mins**  
Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

**AM Run 90mins** Endurance run in Z2. Test all race kit, nutrition and equipment  
**PM Swim (optional) 40mins** Open-water or pool swim in Z2

**Brick 3hours 15mins**  
Bike 3hours endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

Mon

**AM Swim 2,000m** Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 400m FC, 200m KICK, 200m PULL, 100m FC **MAIN** 4x100m FC in Z3 +20secs RI, 4x50m PULL in Z2 +10secs RI, 3x100m FC in Z3 +20secs RI **WD** 200m PULL in Z1 **PM Weights 30mins** WU 5mins rowing machine or indoor cycle **MAIN** 2x25 chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights. Increase the resistance the following week if you get to 16 reps

Tue

**Run 40mins**  
Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

Wed

**AM Swim 2,000m** Open-water (preferably) or strength pool session **WU** 200m FC, 100m KICK, 200m PULL, 100m FC **MAIN** 6x100m PULL alternating Z2 and Z4 +30secs RI, 3x100m ANKLES in Z3, 8x50m BAND +10secs RI **WD** 100m KICK **PM Bike 45mins** Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

Thu

**Bike 1hour**  
Muscular endurance **WU** 20mins in Z2 **MAIN** 20mins in Z3 **WD** 20mins in Z2. Stay seated on climbs

Fri

**AM Swim 1500m**  
Open-water (preferably) or non-stop pool session  
**PM Run 30mins** in Z2. Choose a route with as many hills as possible

Sat

**AM Run 1hour** in Z2.  
**PM Swim (optional) 25mins**  
Open-water swim in Z2

Sun

**Brick 2hours 15**  
Bike 2hours in Z2, into run 15mins in Z2

**Swim 1500m**  
Easy swim

**Run 30mins** in Z2

**Bike 1hour** in Z2

**Swim 1500m**  
Open-water (preferably) or endurance pool session

**Bike 45mins** in Z2  
Check your race-day bike

Rest day

RACE DAY